**Mindfulness, Meditation & Medicine**

What is it?

* Mindfulness has been defined as: Paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally (Jon Kabat-Zinn)
* Meditation refers to a family of self-regulation practices that focus on training attention and awareness in order to bring mental processes under greater voluntary control and thereby foster general mental well-being and development and/or specific capacities such as calm, clarity, and concentration (Walsh & Shapiro)
* Roots of mindfulness & meditation are in Buddhism from 6th Century BC with the birth of Buddha Siddhartha Gautama in ancient Nepal, from which various schools of Buddhism have emerged, eg Zen, Tibetan and many others

What can it do for you?

Many scientific studies have been conducted to evaluate the role that mindfulness and meditation can play in optimal health. Some of the studies have documented:

* Decrease in cortisol levels
* Decrease heart rate and respiratory rate
* Balance of autonomic nervous system
* Increase brain cortical thickness
* Improved immune function

Which can lead to:

* Improvement in anxiety symptoms
* Improvement in depression symptoms and relapses
* Help cancer patients cope with emotions
* Help with stress
* Help with immune system function
* Improve overall well-being

Local Mindfulness and Meditation Groups:

berkeley.shambhala.org/

http://buddhagate.org/

www.eastbaymeditation.org

baymeditation.wordpress.com

www.spiritrock.org

hwww.sivanandayogafarm.org

www.againstthestream.org/san-francisco/sf-classes/

sfzc.org/green-gulch

Kaiser meditation CD’s available at CCRMC Family Medicine Clinics

Free Resources on the Internet:

https://members.kaiserpermanente.org/redirects/listen/

http://www.fammed.wisc.edu/mindfulness-meditation-podcast-series/

http://centerhealthyminds.org/science/tools-for-scientists

http://marc.ucla.edu/body.cfm?id=22

http://ccrmc.wikispaces.com/Meditation+Project

Evidence-Based Phone Apps (There are many more! Free or minimal charge)

1 Giant Mind

Happify

Headspace

MindBody Medicine

MoodKit

Stop, Breath & Think

The Mindfulness App